

## CLAIMS

1. A protein/phospholipid or protein hydrolyzate/phospholipid complex containing 10 wt% or more of bound phospholipid.

2. The complex according to claim 1 which is prepared by mixing a protein hydrolyzate with a phospholipid.

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3. The complex according to claim 1 which is prepared by mixing a protein with a phospholipid to form a complex and hydrolyzing the protein moiety of the formed complex.

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4. The complex according to claim 1 which contains 10-50 wt% of bound phospholipid.

5. The complex according to claim 1 which contains 20-50 wt% of bound phospholipid.

6. The complex according to claim 1 wherein the protein is derived from wheat, soybean, corn, or milk.

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7. The complex according to claim 1 wherein the phospholipid is lecithin.

8. The complex according to claim 1 wherein the phospholipid is enzyme-modified lecithin.

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9. A lipid metabolism improving agent comprising a protein/phospholipid or protein hydrolyzate/phospholipid complex containing 10 wt% or more of bound phospholipid.

35 10. The lipid metabolism improving agent according to claim 9 in an effective amount which is in pharmaceutically

acceptable dosage form comprising a pharmaceutically acceptable carrier.

11. A cholesterol metabolism improving agent  
5 comprising a protein/phospholipid or protein hydrolyzate/phospholipid complex containing 10 wt% or more of bound phospholipid.

12. The cholesterol metabolism improving agent  
10 according to claim 11 in an effective amount which is in pharmaceutically acceptable dosage form comprising a pharmaceutically acceptable carrier.

13. A functional food comprising a protein/phospholipid or protein hydrolyzate/phospholipid complex containing 10 wt% or more of bound phospholipid.

14. The functional food according to claim 13 which contains 0.1 wt% or more of the complex.

20 15. The functional food according to claim 13 or 14 having lipid metabolism improving activity.

25 16. The functional food according to claim 13 or 14 having cholesterol metabolism improving activity.

30 17. A method for improving the lipid metabolism of an animal which comprises administering to the animal the complex according to claim 1.

18. A method for improving the cholesterol metabolism of an animal which comprises administering to the animal the complex according to claim 1.

35 19. The use of the complex according to claim 1 for improving the lipid metabolism of an animal.

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20. The use of the complex according to claim 1 for improving the cholesterol metabolism of an animal.

21. The use of the complex according to claim 1 for 5 the preparation of pharmaceutical compositions useful for improving the lipid metabolism of an animal.

22. The use of the complex according to claim 1 for 10 the preparation of pharmaceutical compositions useful for improving the cholesterol metabolism of an animal.

23. The use of the complex according to claim 1 for 15 the preparation of functional foods useful for improving the lipid metabolism of an animal.

24. The use of the complex according to claim 1 for the preparation of functional foods useful for improving the cholesterol metabolism of an animal.

25. A process for preparing a protein hydrolyzate/ 20 phospholipid complex which comprises mixing a protein hydrolyzate with a phospholipid and recovering the formed complex.

26. A process for preparing a protein hydrolyzate/ 25 phospholipid complex which comprises mixing a protein with a phospholipid to form a complex; hydrolyzing the protein moiety of the complex in an aqueous medium; and recovering the formed protein hydrolyzate/phospholipid complex.

27. The process according to claim 26 wherein the 30 hydrolysis of the protein moiety is carried out by the treatment with an enzyme source having proteolytic activity.

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